



- FLEX YOUR ATTITUDE™
- EMBRACE CHANGE
- BOUNCE BACK

Proposed session

Building Your Resilience Reflex – How to Shift from Chaos to Control

In this new economy and digital world, change is inevitable. With change comes challenges, obstacles, stress and overwhelm. Moreover, organizations are having to deal with delivering more with less and professionals are feeling pressured. Instead of feeling stuck, unable to cope and having our backs against the wall, it's time to release those old patterns, reprogram new skill sets and embrace change.

Transformational, instructional and challenging, this content-rich session is an exciting experience for a workforce that is constantly going through change and challenges. Audiences have walked away with simple tools that they can start implementing right away. Will your audience be next?

"Our organization is going through a reflective period in which change is part of the process. Zaheen captured the meaning of change and the opportunities it can bring. An example of the impact her words had on our members was the use of her catch phrases later." Garnet Roth, Elks of Canada

Learning Objectives (see infograph next page):

- **Release** – tapping into your emotional intelligence is the first step to getting unstuck from a setback or problem and creating emotional resilience. Release old patterns by learning a simple technique to create emotional resilience.
- **Reprogram** – feeling helpless and worried isn't going to help you move forward, but you can create a victor mindset with a set of simple questions.
- **Resolve** – the secret to building resiliency is all about embracing change and flexing one's attitude! Participants will finally understand how to embrace change and be flexible at the same time.

Need a Concurrent Session? Not only is Zaheen a dynamic keynote presenter, her exciting, interactive concurrent sessions are always ranked "Simple and Transformative!" Ask about complementary topics in 90 minute to half-day formats.

Resilience Reflex

3R's to Making Resilience Your First Reflex



RELEASE

Reset Yourself &
Your Emotions



REPROGRAM

Shift Mindsets
to Find a Solution



RESILIENCE REFLEX



RESOLVE

Embrace Change with the
Universal Cycles of Change


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